

15 DAY WEIGHT LOSS PLAN

WORKOUTS

UPPER BODY A	SETS	REPS
Barbell bench press	3	6-8
Lat pull-downs	3	12-15 Reps per leg
Dumbbell shoulder press	3	10-15
Barbell rows	2	12-15 Reps per leg
Barbell bicep curls	3	10-15
Tricep push-downs	3	20
LOWER BODY A	SETS	REPS
Squats	4	5-8
Lying leg curls	3	8-12
Leg extensions	3	10-12
Hack squats	2	8-10
Straight leg deadlifts	2	8-10
Seated calf raises	3	12-15
SHOULDERS & ARMS	SETS	REPS
Overhead press (OHP)	3	6-8
Dumbbell side raises	3	10-15
Dumbbell bent over flies	4	10-12
Cable rope extensions	3	8-12
Dumbbell overhead extensions	2	12-15
Dumbbell bicep curls	3	8-12
Cable rope curls	2	10-15

Weight Loss Plan How To

Nick Fuller



Weight Loss Plan How To:

Enjoying the Melody of Expression: An Emotional Symphony within **Weight Loss Plan How To**

In a world used by screens and the ceaseless chatter of instantaneous conversation, the melodic beauty and mental symphony produced by the prepared term usually fade into the background, eclipsed by the constant noise and disturbances that permeate our lives. But, set within the pages of **Weight Loss Plan How To** a wonderful literary value overflowing with natural thoughts, lies an immersive symphony waiting to be embraced. Crafted by a wonderful composer of language, that interesting masterpiece conducts readers on an emotional journey, skillfully unraveling the hidden songs and profound impact resonating within each cautiously constructed phrase. Within the depths of this moving examination, we will examine the book's main harmonies, analyze their enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers' souls.

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